

The Practice of Parenting



For loving parents who are not perfect...

Welcome parents...

- ◆ Thank you for showing up tonight
- ◆ It is a pleasure to talk with good parents
- ◆ Thank you for practicing parenting with me



If you were on the deck of the Titanic...

Who would you save?



What I like about parents:



**Someone else has become more
important to you than you**



I'm practicing too...

My two daughters and grandson

Am I qualified to teach this?

- ◆ I am not an authority
- ◆ I have closely observed children and their parents for over 30 years
- ◆ I love good parents
- ◆ I love children
- ◆ Someone needs to do this!



Doug Puder, MD, FAAP

What mistakes did my parents make?



as a father...

What mistakes am I making?



How to talk to children

Before you talk...

Listen!

Make sure they feel heard first...

Validate their feelings



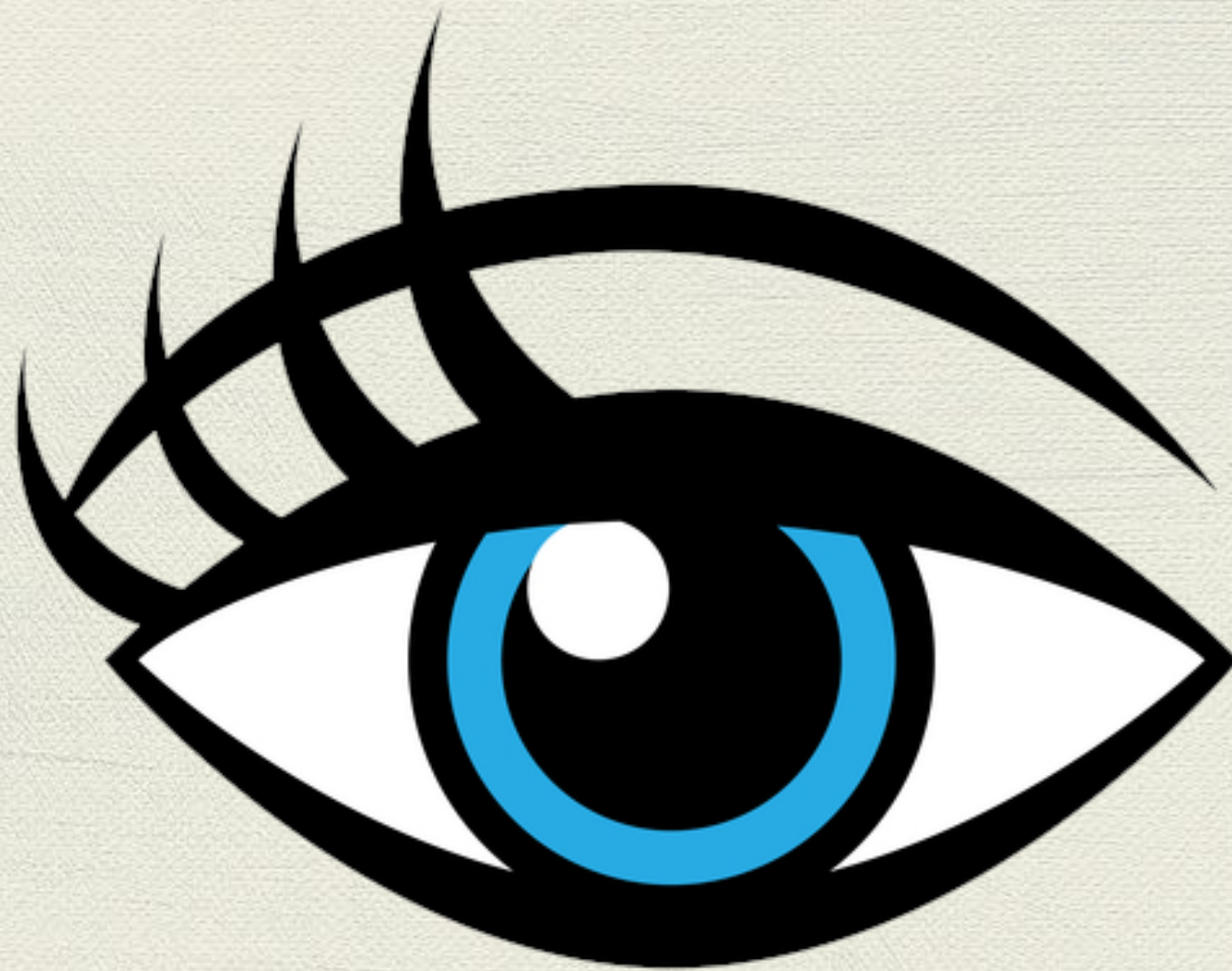
Honesty
is the best policy

Age appropriate honesty

use words they can understand, but be truthful...

Translate the truth
into words and ideas
your child can understand





eye to eye

Eye level



 **parent ed**
Douglas Puder MD

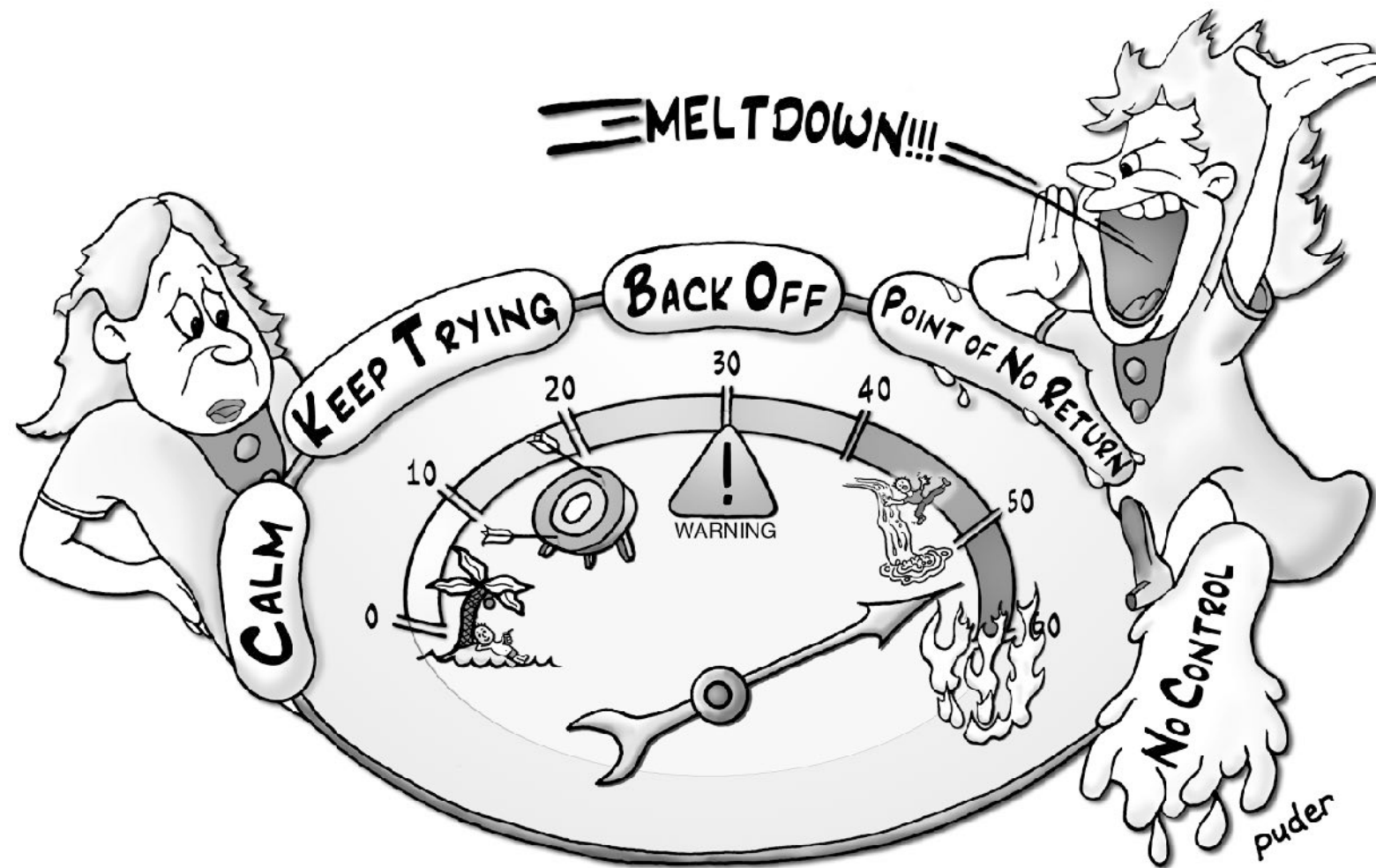


Your Voice

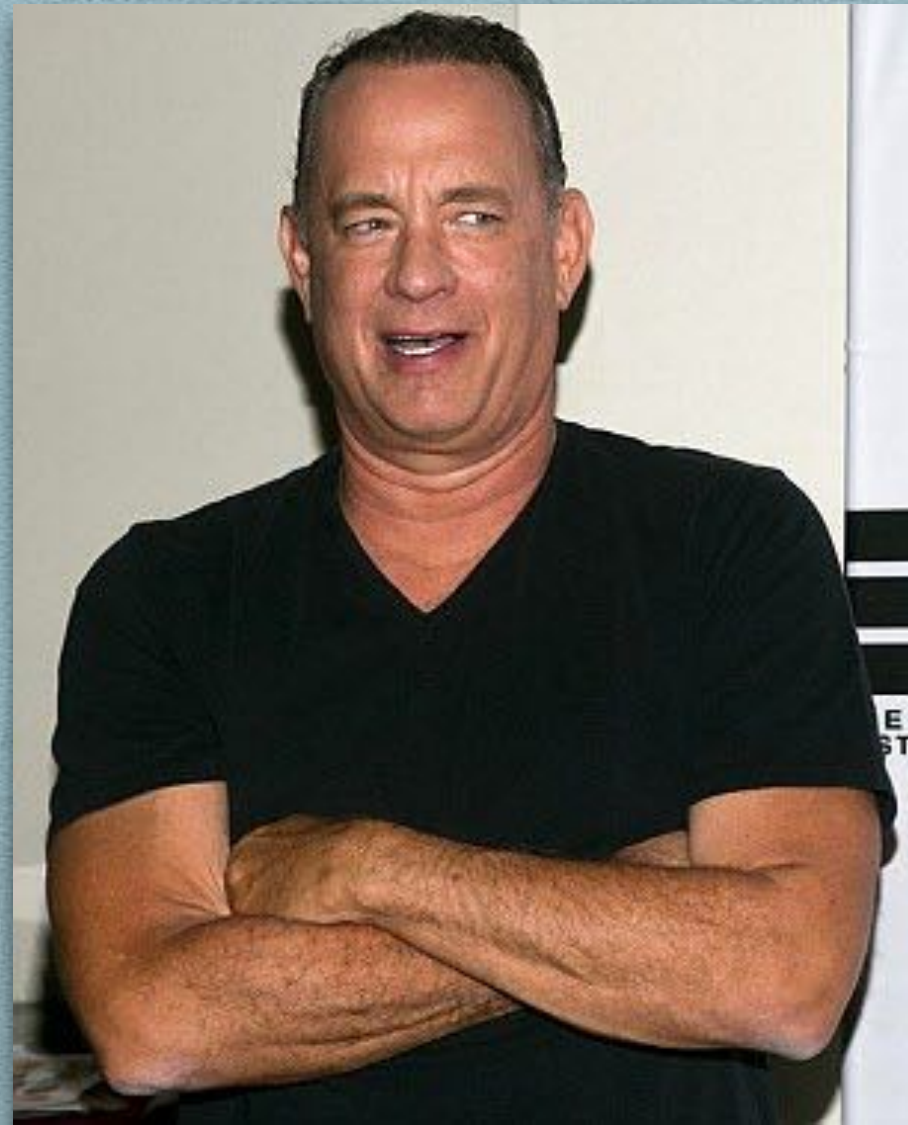


What voice should I use to teach my child?

Yelling just scares kids...



DON'T PUSH THE PEDAL TO THE METAL!



“I Mean It” voice

Practice it. It beats yelling



Comparison-itis

Wow that's great!



❖ “When kids become valued only for their accomplishments, or your fantasy of what they ought to accomplish, they do not feel valued as a people.” Alvin Rosenfeld, MD



Focus on the child and the effort
Not the accomplishments

She thought she was supposed to be a nurse...



She switched majors...



My kid is smarter than yours

“that’s really great!”

Discipline...

“The training of the
mind and character.”

Your child is NEVER bad...

- ◆ They act in a way that you understand
- ◆ But it isn't ok
- ◆ You are going to help your child to change their behavior
- ◆ The CHILD is still GOOD, and loved!

I love you

Discipline

Ratio should be eight to one

First meet your child's needs...



- ◆ A needy child
- ◆ An exhausted child
- ◆ A bullied child
- ◆ A fearful child

Will not behave well!

Choose realistic goals!



Goals should match your
child's personality and
developmental level



Discipline...

What is the absolute best way to teach your child to behave?

Pop Quiz:

- ◆ **Scream Loudly**
- ◆ **Nag Endlessly**
- ◆ **Break down self-esteem**
- ◆ **Teach by Example**

Be the change you wish to see!

- ◆ **If you show kindness to others**
- ◆ **If you control your anger**
- ◆ **If you show compassion for others**
- ◆ **If you are truthful and ethical**
- ◆ **If you are reliable and show up...**

Your child will
learn these qualities



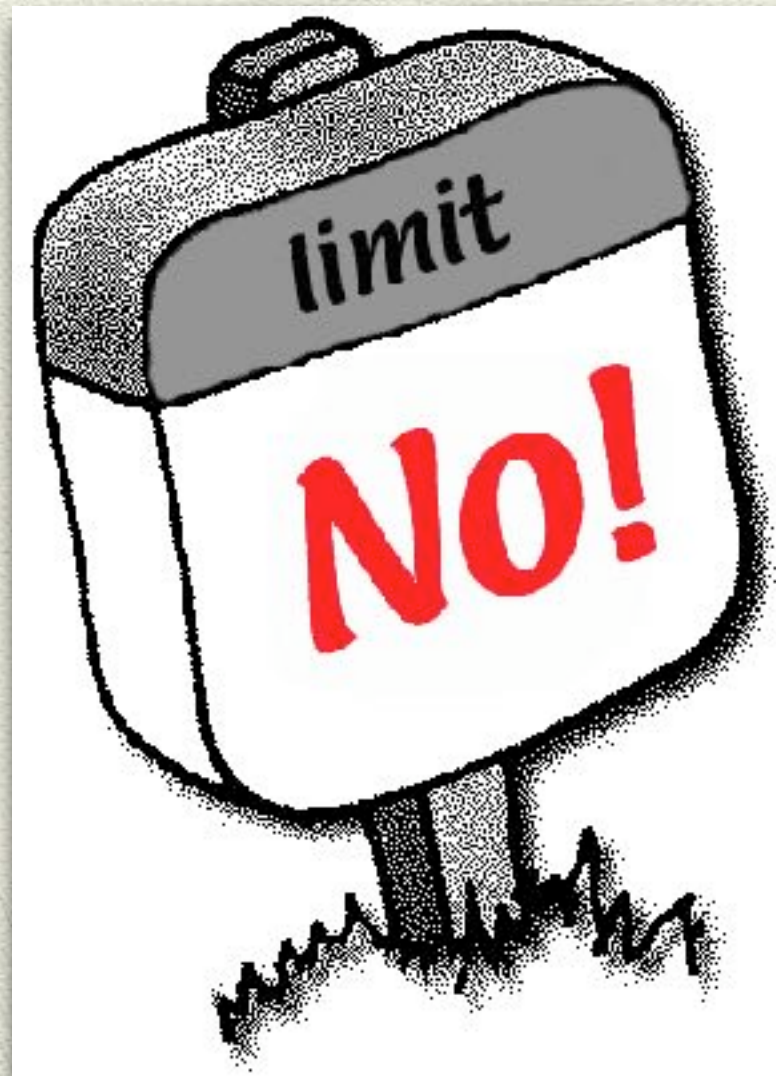
by watching you

Choose your battles carefully



- ❖ **Maybe distraction could work**
- ❖ **Don't try for perfection**
- ❖ **Try a little cool down time**

Limit Setting



I've never heard a parent ask:



How do I stop my child from running out into the street?

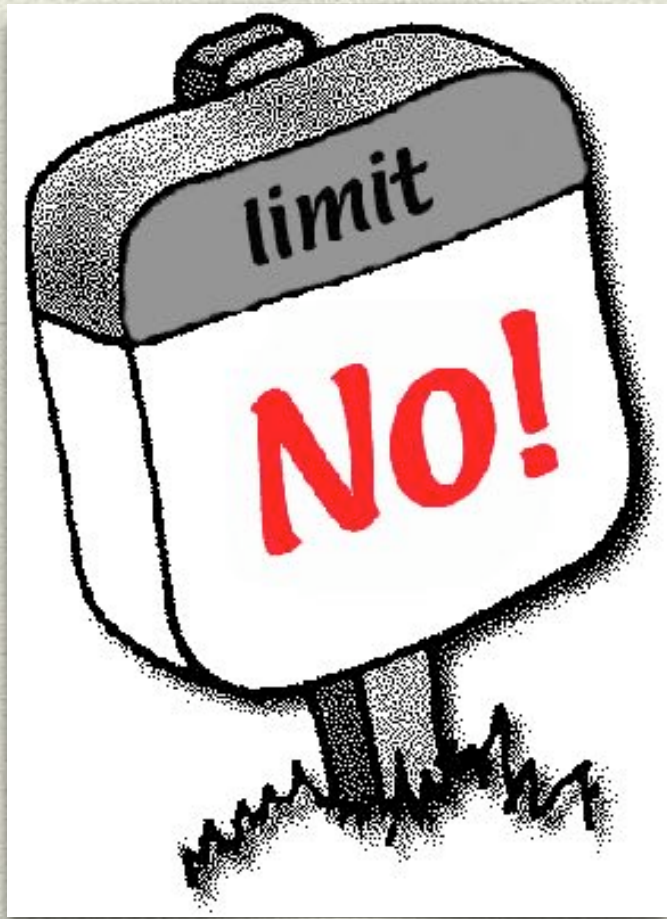
But she cries!

Can she run out in the street then?

But she keeps crying!

Can she run out in the street then?

Limit Setting:



- ◆ **Clear communication**
- ◆ **Fair rules**
- ◆ **Consistent limits**
- ◆ **All the time**

Catch your child being good!

Which does a child hate most?

- ◆ **To be yelled at?**
- ◆ **To be spanked?**
- ◆ **To be ignored?**

Reward Good Behavior



Praise goes a long way...

When a time out is needed:

- ◆ Don't explain
- ◆ “we don't hit”
- ◆ “we don't hurt other people”
- ◆ then time out
- ◆ where child can be safely ignored

We are against spanking



By your example you show that
if you are big enough you can hit

We are against spanking...



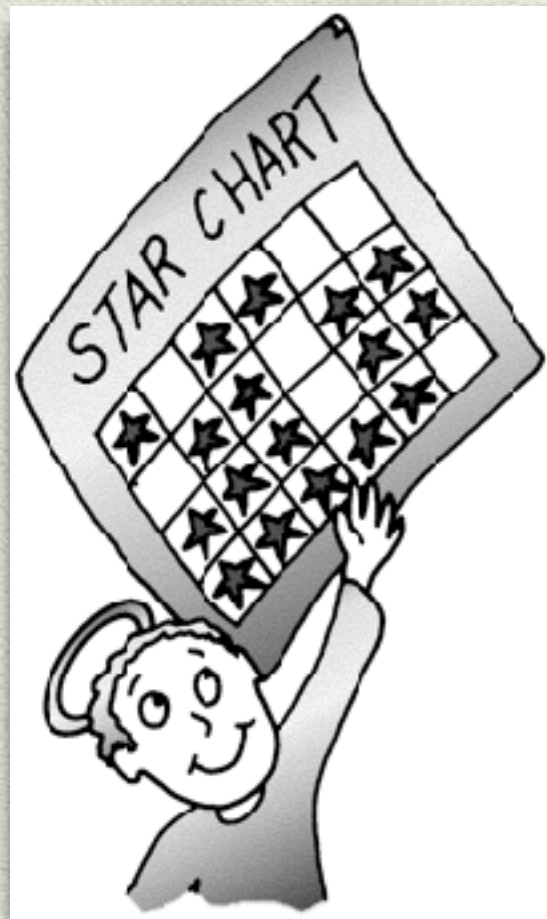
The border between spanking and child abuse can be easily crossed when parents are angry

United Parenting

Even when parents disagree...



Star Charts, Consequences



- ◆ More about these in the:
- ◆ **school age**
- ◆ **tween**
- ◆ **teenage classes**



Puder

What is a teachable moment?

When is a teachable moment?

- ◆ Happens when things quiet down.
- ◆ And children settle down
- ◆ Bedtime is most common
- ◆ Driving in a car
- ◆ Taking a walk

That's when parents can explain

why



The **Magic** of Bedtime Reading!

"In this modern world where activity is stressed almost to the point of mania, quietness as a childhood need is too often overlooked. Yet a child's need for quietness is the same today as it has always been--it may even be greater. In quiet times and sleepy times a child can dwell in thoughts of his own, and in songs and stories of his own."
Margaret Wise Brown

Bedtime reading with my daughters when they were little was truly magical. Children need a regular bedtime and quiet reading with you. And children behave better when they get enough sleep. And we promise parents it will touch your heart too!

I'm lucky to have nine partners to practice pediatrics with me. They have all dedicated their careers to the study and treatment of sick children. But I realized I had never asked them what bedtime stories were their favorites when they read to their own children. So they've each picked one special book and favorite quote. We are happy to share these special memories with parents of our little patients.
Dr. Puder

Dr. G. Rockower

Oh, the Places You'll Go
 "There is fun to be done!
 There are points to be scored.
 There are games to be won."
Dr. Seuss

Dr. M. D'Angelo

Tell Me Again About the Night I Was Born
 "Life will never be the same because there had never been anyone like you...ever in the world."
Jamie Lee Curtis

Dr. J. Karasik

Goodnight Moon!
 "Goodnight moon, goodnight stars, goodnight air, goodnight noises everywhere. Goodnight nobody, Goodnight mush..."
Margaret Wise Brown

K. Donovan, NP

Mama, Do You Love Me?
 "Mama, do you love me? I'll love you until the umiak flies into the darkness, till the stars turn to fish in the sky, and the puffin howls at the moon."
Barbara Jooze

Dr. E. Siegal

Where the Sidewalk Ends
 "I have a hangnail, and my heart is ... What? What's that? What's that you say? You say today is ...Saturday? G'bye, I'm going out to play!"
Shel Silverstein

Dr. E. Berg

Blue Hat, Green Hat
 "Blue hat, green hat, red hat, oops."
Sandra Boynton

Dr. B. Quinn

Where The Wild Things Are
 "Inside all of us is hope, inside all of us is fear, inside all of us is adventure. Inside all of us is **a wild thing!**"
Maurice Sendak

Dr. E. Selber

Guess How Much I Love You
 "I love you as high as I can reach," said *Little Nutbrown Hare*... And I love you all the way up to your toes," said *Big Nutbrown Hare*, swinging him up over his head."
Sam McBratney

Dr. D. Puder

Sleep Book
 "The yawn of that one little bug is still spreading...And people are gradually starting to say, 'I feel rather drowsy. I've had quite a day.'"
Dr. Seuss

Dr. H. Hudson

Winnie the Pooh
 "Any day spent with you is my Favorite Day. So, today is my new favorite day"
A.A. Milne

We hope you find our Parentletter helpful and informative. Please keep in mind that receipt of this newsletter does not create a doctor/patient relationship and that it is not meant to serve as a substitute for professional medical advice. For particular pediatric medical concerns, including decisions about diagnoses, medications and other treatments, or if you have any questions after reading this newsletter, we encourage you to speak with your child's pediatrician.

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(Estos libros están disponibles en español también)

Make up a Story about your child using puppets...



Don't use your child's name

It's a story, not a lecture

Ask questions:
what should the little tiger do?

Your child's job is to play

Enter your child's world of play...

- ◆ Listen and watch.
- ◆ Join in but let your child direct you.
- ◆ Teach and use a healing voice during play
- ◆ You are a truck, a doll...



Dare we mention...

Time for yourself?





Don't forget to laugh...

Kids are really funny



You're gonna miss this...

Trace Adkins



**Dog's barking, phone's ringing, one kid's crying, one's screaming
She keeps apologizing...
He says "They don't bother me
I've got two babies of my own, one's thirty six,
one's twenty three..."**

**It's hard to believe, but you're gonna miss this
You're gonna want this back
You're gonna wish these days hadn't gone by so fast
These are some good times so take a good look around
You may not know it now
But you're gonna miss this...**

